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Celeb Pg 19

Locklear tested for drug use while driving

We're a fit bunch, says report

MARIA COOTAUCO
for Metro Vancouver

British Columbians are among the biggest losers according to the province's minister of healthy living and sport.

Mary Polak said yesterday B.C. has the lowest self-reported obesity rate in 10 years.

"Look at our backyard," said ex-fitness trainer Michael Flowerdew, 32.

"I think it's easy to stay fit in Vancouver. Unless you have a pretty good reason not to be, you should be in shape."

According to a report released in June, the 2008 Canadian Community Health Survey, the province's self-reported adult obesity rate was at a skinny 11 per cent last year compared to almost 13 per cent in 2005.

"It's the West Coast mentality," said professional adventurer and Metro columnist Dave Norona.

"We like being outside more. We eat better food."

And not only that, Vancouverites are pointing to the city's plentiful paths and beautiful scenery as major motivators.

"We have so many wonderful places," said Shaila Jamal, 33.

"You can go anywhere to work out."

Allison Novad, 23, moved here from Montreal last month and already knows the Seawall well.

"Running here compared to Montreal, the air is cleaner," she said mid-jog yesterday.

"It's nice to smell the saltwater instead of pollution."

For Flowerdew's twin, Jeff, fitness is everywhere he looks.

"I was driving across the Burrard Bridge at 7 a.m. (yesterday morning) and there were literally 100 people running across the bridge," he said.

"When you see that everyday and you're surrounded by that, it's addicting."

Calorie counter

Warm weather:
- The Grouse Grind: 1,100
- Running (half an hour): 300
- Hiking (half an hour): 220

Cold weather:
- Cross-country skiing (half an hour): 300
- Skating (half an hour): 260
- Snowshoeing (half an hour): 300

RAFE ARNOTT/METRO VANCOUVER

Jeremy Hanen exercises by practising his paragliding landing technique in strong winds at Vanier Park in Vancouver yesterday. British Columbians are among the fittest in the country.

Reynolds and Johansson wed near Vancouver

NUPTIAL Actress Scarlett Johansson married Vancouver-born actor Ryan Reynolds in a quiet ceremony at a "remote wilderness resort" on a nearby B.C. island this weekend.

Reynolds's rep, Meredith O'Sullivan, confirmed the nuptial to people.com.

They tied the knot on Saturday in front of a few guests, including Johansson's mother, her brother and singer Melanie Sloan. The union is the first marriage for both, after a four-month engagement.

Johansson, 23, began dating the 31-year-old Kitsilano Secondary School grad around February 2007. That was after Reynolds ended his engagement and five-year relationship to Canadian rocker Alanis Morissette.

Johansson has previously been linked to Derek Jeter, Benicio Del Toro, Jared Leto, Justin Timberlake and Josh Hartnett. METRO NEWS SERVICES

Election 2008 page 7
- Why campaign ads are loathed
- Vancouver South riding profile

Sports page 12
Canucks' wins turning heads

Please recycle

Police recommend hate crime charge in assault

KRISTEN THOMPSON
kristen.thompson@metronews.ca

ATTACK Vancouver police recommended yesterday that a man who was arrested for assaulting another man on Davie Street be prosecuted for committing a hate crime, Const. Tim Fanning said.

The victim, who had his jaw broken in three places, will have it wired shut today while his alleged assailant makes his first appearance in court.

Michael Kandola, 20, was arrested on Saturday after allegedly attacking a man, who was holding hands with another man, at Davie and Hornby streets.

"The assault came after insulting remarks about gays were hurled at the two men by a group of four Indo-Canadian men," Fanning said.

"It is a repulsive crime … committed out of ignorance and will never be tolerated."

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West Oaks Mall
(604) 859-0070

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(604) 556-7702

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(604) 436-3110

Highgate Village
(604) 521-3338

Lougheed Mall
(604) 420-7979

Lougheed Mall Kiosk
(604) 444-0240

Metropolis at Metrotown
(604) 433-8000

Metropolis
(604) 430-3903

Crystal Square
(604) 718-2112

Metrotown Centre
(604) 432-9303

101-3855 Henning Dr.
(604) 431-2900

4548 Kingsway
(604) 431-8810

CAMPBELL RIVER

Ironwood Mall
(250) 850-1535

Discover Harbour Ctr.
(250) 286-1008

CHILLIWACK

Cottonwood Mall
(604) 858-0017

CLOVERDALE

Cloverdale Crossing
Shopping Centre
(778) 571-0776

COQUITLAM

Coquitlam Centre Mall
(604) 941-6122

#1071-1163
Pinetree Way
(604) 945-6162

Coquitlam Ctr. Kiosk
(604) 944-8668

H-341 North Rd.
(604) 939-4777

COURTENAY

Driftwood Mall
(250) 703-2008

DELTA

Scottsdale Mall
(604) 590-9011

102-9250-120th St.
(604) 582-9999

110-8067-120th St.
(604) 592-9199

Bay Side Village
(604) 943-3602

DUNCAN

Fort Centre
(250) 748-6388

LANGLEY

Fraser Crossing
(604) 532-0440

Willowbrook Mall
(604) 532-9099

Willowbrook Kiosk
(604) 532-8400

Walnut Grove
(604) 881-2050

MAPLE RIDGE

Valley Fair Mall
(604) 466-1675

Westgate Mall
(604) 460-2888

MISSION

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(604) 820-0811

NANAIMO

Nanaimo North Town Ctr.
(250) 729-0108

Woodgrove Centre
(250) 390-1820

Port Place Mall
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2540 Bowen Rd.
(250) 756-0517

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Officers honoured at memorial service
The RCMP hosted the 11th annual B.C. Police and Peace Officer Memorial at Peace Arch Park in South Surrey yesterday. The event was part of a national day of remembrance for officers slain in the line of duty. METRO NEWS SERVICES

Local

As Vancouver likes it

Attendance at this summer's Bard On The Beach exceeded 87,000 people, just shy of an all-time record. Next summer's festival will feature Othello, The Comedy of Errors, All's Well That Ends Well and Richard II. At left is a scene from 2005's production of As You Like It. METRO VANCOUVER

Free transit at Games

Ticketholders get unlimited day-of service: TransLink

JEFF HODSON
jeff.hodson@metronews.ca

Spectators at the 2010 Games will have unlimited use of transit in Metro Vancouver and Whistler on days they hold Olympic tickets, TransLink confirmed yesterday.

The transit costs will be covered by a 'fulfillment / transportation' fee of $4 to $18 that will be tacked onto the tickets that go on sale at the end of the week.

VANOC, which announced the fees Friday night, said the service charges are lower than most comparable sport and entertainment events.

For example, a $125 curling ticket would carry a fee of $10 (8 per cent of the ticket's cost), bringing the total to $135. According to VANOC an $86.25 NHL game has a 'convenience charge' of $7.50, or 8.7 per cent of the ticket's cost.

Also, as there will be no public parking at venues in 2010, TransLink said people should consider how they will get to events as well as work and school during the Games.

TransLink is bringing in an additional 200 buses to cover the extra traffic.

VANOC will handle the transportation between Vancouver and Whistler and Vancouver and Cypress. Return tickets to Whistler will be $25 and $12 to Cypress.

More info

- On Friday, TransLink is launching a 'Way to 2010' Olympic travel section on its website, translink.bc.ca.

Teen Tasered while holding her baby

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Police who Tasered a Vancouver teenager while she held her baby in her arms said they were worried the girl, who they say is mentally disturbed, was going to smother her child.

Const. Jana McGuinness said police had spent three hours trying to negotiate with Misha Peterson, 16, who had been reported missing from her foster home and was eventually tracked down at her 18-year-old boyfriend's home.

McGuinness said the baby has a life-threatening condition and Peterson refused to give him over to social service workers.

She added Peterson was holding him in a way that that was making it difficult for him to breathe, and an officer stunned her as a last resort. The baby was uninjured and is in the care of child welfare.

Protest **Defending rights**

KRISTEN THOMPSON / METRO VANCOUVER

Joyce Arthur, with the Abortion Rights Coalition Of Canada, protests cuts made to women's programs by the federal Conservatives outside the Vancouver Art Gallery yesterday. Arthur claims if Prime Minister Stephen Harper is re-elected, he'll put women's issues on the backburner.

News in brief

CHEMICALS A Hazmat crew was called to Surrey after pedestrians noticed dead fish floating in a ditch near Hardie Road and 80th Avenue. Crews worked to contain the spill, which could have been coming from an old trailer.
METRO NEWS SERVICES

metronews.ca
What's online today.

Read Guidy Mamann on the legal status of proxy marriages from other countries at www.metronews.ca/live
Watch as Jim Flaherty says voters care more about schools than income trusts at www.metronews.ca/canada
Play online Sudoku and Crosswords!

Lotteries

Friday, Sept. 26
Lotto Super 7 10, 15, 16, 25, 29, 41 & 43 Bonus 12
Extra 7, 26, 27, 63
Saturday, Sept. 27
Lotto 6/49 11, 19, 29, 33, 44 & 46 Bonus 34
BC 49 9, 12, 17, 18, 29, 33 Bonus 7
Extra 36, 58, 62, 67
These results are not official.

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Toll closure a surprise

MARIA COOTAUCO
for Metro Vancouver

While the 19 full-time workers who manned the Coquihalla Highway tollbooths are being offered jobs elsewhere, 14 auxiliary workers are unemployed after the province eliminated tolls on the busy interior highway.

"With the closing of the tolls Friday, we'll need to find employment for (the workers)," said Darryl Walker, president of the B.C. Government and Service Employees' Union yesterday.

"They were given probably an hour's notice. It's pretty hard on people. You consider they may have to leave their communities."
Darryl Walker, president, B.C. Government and Service Employees' Union

The permanent employees — some of whom had been working at the tollbooth for more than 20 years — are protected under a collective agreement, and will go on to other jobs in the public service industry. Fill-in workers don't have the same coverage.

The announcement, made by Premier Gordon Campbell during a speech in Penticton, came as a surprise to many.

"They were given probably an hour's notice," Walker said.

"It's pretty hard on people. You consider they may have to leave their communities."

letters

Readers object to VANOC's 2010 Olympic slogan

Re: "With glowing hearts." Who was it that gave VANOC the impression that they could patent a portion of our national anthem like it was their own personal property? How can we show pride in such shoddy work?

TERRY McKINNEY, VANCOUVER

Re: "With glowing hearts." With regards to the 2010 Olympic slogan, this Canadian objects. The Canadian Anthem is not a slogan. The Canadian Anthem represents a great country — not an Olympic event!

K. STOUBOS, VIA E-MAIL

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– *Canadian Real Estate*, March-April, 2008

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B.C.'s Fashion Week was stylish success

IN VOGUE Vancouver caught an early glimpse of Spring 2009 when top local designers showed their creations during B.C. Fashion Week.

Vladimir Markovich, the event's creative director, said success was wherever he looked, as the province's premier fashion showcase ended Saturday.

"We have a number of newly-added sponsors to our event, and the audience attendance was astounding."
Vladimir Markovich, creative director

"We have a number of newly-added sponsors to our event and the audience attendance was astounding," he said.

Popular designers Roze-Merie Cuevas (Jacqueline Conoir) and Anna Kosturova showcased their collections to audiences of more than the seating capacity of 500 each night at the event's main stage at the Chinese Cultural Centre.

KIM ELBO / METRO VANCOUVER

News in brief

HEALTH CARE B.C.'s Health Services Minister announced a $2-million increase to B.C. Ambulance Services to fund 20 more full-time paramedic positions. Call volumes in the Lower Mainland were up 21 per cent, mostly due to population growth.

SURVEY Charity organization SUCCESS has launched a website to poll newcomers to Vancouver about immigrant life and their community concerns, from housing and jobs to safety and their political standpoints. Topics will change every two weeks.

ROBBERY The RCMP is looking for a suspect involved in four Chilliwack robberies that were committed in 24 hours. A Tim Horton's, McDonald's, Subway and Cold Beer And Wine store were robbed between Sept. 25 and Sept. 26.

ARRESTS Two of three suspects in a series of violent muggings in South Vancouver last spring have been arrested. Victims were approached by two or three men while walking alone or waiting for a bus. Investigators still seek a third suspect.

PRISON A maximum-security prison in Agassiz is locked down after a prisoner protest yesterday, news1130.com reports. Some prisoners at Kent Institution refused to return to their cells from the exercise yard while other inmates who were inside trashed their cells.

METRO VANCOUVER

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Cottonwood Mall
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11 – 45905 Yale Rd.
7544B Vedder Rd.

Cloverdale
201 – 17725 64th Ave.

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Coquitlam Centre
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22 – 2988 Glen Dr.
5 – 3000 Lougheed Hwy
101 – 3278 Westwood St.
2 – 901 Lougheed Hwy

Delta
Scottsdale Mall

Langley
Walnut Grove Mall
Willowbrook Mall
3 – 19638 Fraser Hwy
103 – 19700 Langley Bypass
19971 96 Ave.
C7 – 20202 66th Ave.
C104 – 20159 88th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy

Mission
318 – 32555 London Ave.
100 – 32670 Lougheed Hwy

North Vancouver
Capilano Mall
127 – 1199 Lynn Valley Rd.
1295 Marine Dr.
1392 Main St.
1748 Lonsdale Ave.

Pemberton
6 – 1366 Aster St.

Pitt Meadows
735 – 19800 Lougheed Hwy

Port Moody
202 Newport Dr.

RICHMOND

Aberdeen Centre
Admiralty Mall
Ironwood Mall
Lansdowne Mall
Parker Place Mall
Richmond Centre
115 – 12571 Bridgeport Rd.

Squamish
38116 2nd Ave.
39002 Discovery Way

Surrey
Central City Shopping Centre
Guildford Town Centre
10310A 152nd St.
135 – 12477 88th Ave.
201 – 13734 104 Ave.
403 – 15940 Fraser Hwy
2404 King George Hwy
10 – 3189 King George Hwy
108 – 7380 King George Hwy

Vancouver
Cathedral Place
Oakridge Centre
Pacific Centre
Terasen Centre
1092 Kingsway
1707 Robson St.
3 – 1855 Burrard St.
2163 West 4th Ave.
2748 Rupert St.
3343 West Broadway
10 – 3490 Kingsway
501 West Georgia St.
1 – 525 Seymour St.
551 Robson St.
5720 East Boulevard
150 – 625 Howe St.
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Lansdowne
Northhills Centre
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C – 1815 Rogers Place
745 Notre Dame Dr.

Kelowna
Orchard Park Mall
1744 Springfield Rd.
116A – 1950 Harvey St.
2153 Springfield Rd.
2447 Hwy 97 North
44 – 3155 Lakeshore Rd.

Penticton
713 – 1301 Main St.
2000 Main St.
101 – 2601 Skaha Lake Rd.

Salmon Arm
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Teen girl found slain in Alberta town
Police in Edson, Alta., are looking for a killer after a teenage girl was found dead in the northwest part of the town early Saturday evening. CBC NEWS ONLINE

Canada

Puppy mill raided

A puppy mill in Rawdon, Que., was raided on Friday, where 110 dogs, seven cats and one rabbit were seized. The dogs were living in piles of their own feces, and many had open sores and severe skin conditions. No charges have been laid yet. METRO NEWS SERVICES

Kyle takes aim at Maritimes

Tropical Storm Kyle strengthened into a hurricane off the United States as it took aim at Canada's Maritime provinces and New England, the U.S. National Hurricane Center said.

Kyle, which developed as a tropical storm Thursday, had top sustained winds near 121 km/h and was forecast to make landfall near the Maine-New Brunswick border early today.

Kyle was a minimal Category 1 hurricane on the five-step hurricane intensity scale. In its 11 p.m. advisory, the Hurricane Center said there might be slight weakening in Kyle before it hits the coast.

The hurricane — spawned by the 11th named storm of a destructive Atlantic hurricane season — was forecast to dump as much as six inches of rain over parts of New England, New Brunswick, Nova Scotia and Prince Edward Island through today. It was also likely to cause large, dangerous surf in some areas.

Forecasters have predicted the six-month hurricane season, which runs through Nov. 30, could produce up to 18 cyclones. The warm sea temperatures and other factors that contribute to the formation of hurricanes are still in place. The disturbed weather system from which Kyle developed drenched the Caribbean before it moved north into the Atlantic. REUTERS

Layton aims to eliminate poverty by 2020

A New Democratic government would eliminate poverty in Canada within 12 years, NDP Leader Jack Layton says.

Layton set the ambitious target in his party's $51.6-billion, 57-page election platform, released yesterday in Toronto.

"Don't you think it's time we finally put an end to the shame of child poverty?" he said to about 200 cheering supporters.

Speaking to reporters after his speech, Layton made no apologies for setting the aggressive 2020 deadline.

"This is the goal. You know something, if you don't set a goal you're never going to get there," he said.

The most expensive tool in the NDP's anti-poverty arsenal is a new $17.4-billion child-benefit plan that would pay low-income families up to $416 per month per child.

MIKE CASSESE/REUTERS

NDP Leader Jack Layton speaks to supporters during a campaign rally yesterday in Toronto.

The party, which is promising balanced budgets, maintains it can pay for its commitments by cancelling Prime Minister Stephen Harper's corporate tax cuts, including cancelling the planned reduction of the rate to 19 per cent, returning it to 22.12 per cent.

The New Democrats say the $17.4-billion price tag for the child-benefit plan is only $4.4 billion more than the $13-billion patchwork of Conservative benefits their package would replace when it's fully phased in by 2012-13.

Liberal Leader Stéphane Dion was harshly critical of Layton's corporate tax plans, saying they would kill jobs, and of the child-benefit plan, which he called unrealistic. No country or any NDP provincial government is taxing corporations at the rate Layton plans, Dion told reporters.

"Jack Layton's old-fashioned socialist mentality is as backwards as Stephen Harper's old-fashioned conservative ideology," he said. TORSTAR NEWS SERVICE

MORE ELECTION COVERAGE, P. 7

Election 2008

Watch as Jim Flaherty says voters care more about schools than income trusts, at metronews.ca/Canada

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And The 2008 Music Therapy Ride Committee!

Election 2008

Ads and loathing

AdVentures

There's a unifying theme to campaign ads: Everybody seems to hate them.

Politicians hate that they reduce complex issues to 30-second elevator pitches, a context better suited for cynicism, fear and doubt than for inspiring voters.

Voters hate them for two reasons. First, they're disingenuous: Even the most rabid partisan can't believe anyone is so completely good, any opponent so completely evil, as these ads portray. Second, and less forgivable: They don't entertain. Most are just plain bad.

Yet the ad industry hates them most of all because — no kidding — campaign ads are exempt from the rules that govern ad content.

Canadian ads are bound by a code set by Advertising Standards Canada, an industry-run body that fields consumer complaints and can request that offending ads be pulled or revised.

Campaign ads running right now routinely trash several provisions of the code, notably its decree that advertisers shalt not "unfairly discredit, disparage or attack other products, services, advertisements or companies, or exaggerate the nature or importance of competitive differences."

Ah, but who cares? Because the code expressly exempts campaign ads from its restrictions.

American campaign ads have enjoyed similar immunity since the Supreme Court ruled they fall under the First Amendment right to free speech.

Campaign ads, then, enjoy freedom of speech, and the freedom to lie. Or at least to do to the truth what clowns do to long, skinny balloons. This is how the noun "swift boat" became a verb four years ago.

University of Texas advertising professor Jef I. Richards once lamented: "The law requires a paper towel ad to be scrupulously honest, but allows political candidates to lie without reproach. What's wrong with this picture?"

Ad legend David Ogilvy went further: "Political advertising ought to be stopped. It's the only really dishonest kind of advertising that's left. It's totally dishonest."

The irony, of course, is that many of the campaign ads you see are the product of advertising dream teams, hand-picked from top agencies. The trouble is, key creative decisions are too often handed down to them by political strategists in party war rooms; people unwilling to take the calculated creative risks that distinguish great advertising.

Which helps explain why campaign ads lower people's opinion of all advertising — if that's possible — and why it leaves party leaders looking like exhausted hockey fighters waiting, in vain, for a lineman to break them up.

Mike Tennant is a freelance ad writer and co-creator/writer of Terry O'Reilly and the Age of Persuasion on CBC Radio One.

Riding: Vancouver South

Immigrants make up 60 per cent of the 113,063 residents of Vancouver South — 45 per cent of residents are from China and 13 per cent are Indian. The riding has been held by the Liberals since 1993, with incumbent Ujjal Dosanjh serving as MP since 2004.

Ujjal Dosanjh — Liberal
AGE: 62
PARTY: Liberal
POSITION: Politician
"With a lot of people struggling to make ends meet, we simply cannot afford to let our economy go down the drain. Fighting for B.C. means making sure (Prime Minister Stephen) Harper's Ontario recession doesn't come here, and being committed to a Canadian approach on global warming."

Wai Young — Conservative
AGE: 48
PARTY: Conservative
POSITION: Social policy consultant
"Opportunities to develop language and work skills, to build businesses and careers, and to live in safe and healthy neighbourhoods are where government leadership and involvement are of critical importance."

Ann Chambers — NDP
AGE: 47
PARTY: New Democratic
POSITION: Provincial executive officer
Chamber's platform includes protecting jobs while fostering new ones in a new energy economy, and reversing the Conservative government's $50-billion corporate tax cut to invest in families and their children.

Csaba Gulyas — Green Party
AGE: 41
PARTY: Green
POSITION: Small business owner
Gulyas wants to bring a sense of fairness to the plate by removing the "social imbalance, corruption, and unfair taxing" he encountered when he opened his own business in 2005. He supports a "strong economy that considers the environment."

Charles Boylan — Marxist-Leninist Party of Canada
AGE: n/a
PARTY: Marxist-Leninist Party of Canada
POSITION: Teacher and co-op radio host at CFRO 102.7
"Citizens need to select candidates and elect them. Governments should fund the process, not the political parties. We want an anti-war government that stops paying the rich and increases investment in social programs. "

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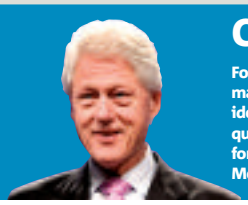
$5
salt & pepper café
Starlight CASINO
Applies to Value Meal items only. MT
Know your limit, play within it.
19+ YEARS

Twins who swapped roles charged with fraud

An Italian woman who worked as a part-time judge as well as a lawyer was substituted by her identical twin sister in court so she would not lose out on legal fees when she had two simultaneous engagements. The 54-year-old twins have now been charged with fraud and will go on trial in January, reports Italy's leading newspaper, Corriere della Sera. REUTERS

World



Clinton vows to aid Obama

Former U.S. President Bill Clinton said Republican John McCain is "a great man," but he expects Democrat Barack Obama to show "greatness" as president and will do what he can to get him elected on Nov. 4. Long dogged by questions about his commitment to Obama, who defeated his wife, Hillary, for the Democratic presidential nomination, Clinton said he admires McCain, yet believes Obama would be the better president. REUTERS

News in brief

IRAQ Four bombs killed at least 32 people and wounded scores in Baghdad yesterday as Iraqis shopped and broke their fast for the Muslim holy month of Ramadan, police said. Earlier yesterday, a roadside bomb in Baghdad's Mansour district killed another person. REUTERS

Hostages now in Chad: Sudan

KIDNAPPING The Sudanese army said it had killed the leader of a group that kidnapped 11 Western tourists and eight Egyptians yesterday and said the hostages were now in Chad, the state-run SUNA news agency reported.

The agency quoted a statement from the army as saying "preliminary information" indicated the 19 hostages were inside Chad under the protection of 30 armed men. There was no comment from the Chadian government. REUTERS

Bailout vote looms

Lawmakers look to stem crisis with bill

The greatest U.S. government bailout since the Great Depression, a massive $700 billion US intervention that has outraged working Americans and redefined the presidential race, could be voted upon as early as today.

A bipartisan deal reached early yesterday falls well short of the blank cheque the Bush administration had sought and gives the next U.S. president leeway in re-examining the deal when he takes office in January.

Both Democratic nominee Barack Obama and Republican nominee John McCain gave the deal their grudging support.

The fiercest opposition still rests with fiscal conservatives in the Republican caucus in the House of Representatives, the group most reluctant to line up behind any proposal from outgoing President George W. Bush as they head to the polls in just over five weeks.

The Democratic leadership took credit late yesterday for making the deal more palatable to American taxpayers, limiting compensation for Wall Street leaders, ensuring that the companies benefiting from the bailout pay back any shortfall to the taxpayers, and providing accountability and transparency that was missing from the original proposal. TORSTAR NEWS SERVICE

JASON REED/REUTERS

Alyssa Bowe, 9, listens to U.S. presidential nominee Barack Obama during a campaign rally outside the Detroit Public Library yesterday. Obama called the proposed $700 billion U.S. bailout package an "outrage", but added the country has no choice.

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World mourns Newman's death

FILM Images of U.S. actor Paul Newman, who died late Friday, adorned newspaper front pages around the world yesterday, his piercing blue eyes vying for attention with the global financial crisis.

Tributes came from as far away as Iran as well as from Hollywood colleagues. Elizabeth Taylor, who co-starred with Newman in Cat on a Hot Tin Roof, offered emotional comments.

"I loved that man with all my heart. He was goodness and kindness and pure integrity," she said in a statement.

"Knowing him, being his friend, was as golden as the sunset and a privilege I'll never forget."

Paul Newman

A Newman spokesman said memorial services for the actor, who died Friday of cancer at age 83, would be private.

Talking to reporters outside the family home in Westport, Conn., daughter Lissy Newman encouraged people who wanted to pay tribute to simply show kindness to a friend or donate money to charity.

"Just look out for each other. That's really what he was all about," Lissy said.

"He was awesome to the end, and he is an awesome guy and his spirit will be with us forever and ever and ever." REUTERS

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U.S. housing decline temporarily idles sawmills

Nearly 900 Quebec forestry workers will be temporarily unemployed next month as AbitibiBowater idles four sawmills and woodland operations that produce two-by-fours because of a dramatic reduction in U.S. housing construction. **CBC NEWS ONLINE**

Business

Ontario shortchanged on EI?

Under the current EI program, unemployed Ontario workers get an average of $4,630 less in EI support than workers living in other parts of Canada, Ontario Premier Dalton McGuinty says. Prime Minister Stephen Harper says the rules simply assist economies that face higher or seasonal unemployment rates.

TORSTAR NEWS SERVICE

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

World trade little hit by crisis

Trade flows are likely to slow this year as consumers, worried about the financial crisis, cut back spending and a cyclical downturn bites into exports and imports, economists said.

But the crisis itself has so far had only a moderate impact on trade.

Exports and imports have been slowing since the second quarter after growing strongly in the first, said Michael Finger, senior economist at the World Trade Organization.

"What we know already from the first seven-eight months is it's not a catastrophe, it's weakening."

Trade would be vulnerable to a prolonged seize-up in banks, as commerce is financed by credit, but the slowdown reflects a cyclical downturn rather than the immediate impact of the crisis. **REUTERS**

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Sex show **This dream's a reality**

REUTERS/ERIC CABLLARD

A woman looks at lingerie at Erotica Dream in Nice, France on the weekend. Organizers of the sex and erotica exhibition, which travels in France, expected 20,000 visitors over three days.

Crisis curbs post-Sept. 11 rebuilding

FINANCIAL CRISIS Seven years after Sept. 11, troubles on Wall Street may have slowed New York's drive to rebuild the World Trade Center, which was set to be completed in 2009, and revitalize Manhattan's downtown.

The financial industry — which drives job growth, office rents and apartment sales prices and rents — will likely take a bite out of the city's economy, experts say. **REUTERS**

Business in brief

WIRELESS Shares of BlackBerry-maker RIM plunged 28 per cent to $72.57 a share on Friday as investors worried about lower margins on higher marketing and developing costs, increased smartphone competition, and a weakened economy. **TORSTAR NEWS SERVICE**

BANK RESCUE Britain will nationalize mortgage lender Bradford & Bingley and is discussing the sale of its savings book and branches. The BBC reported Spain's Santander will acquire the savings. It is expected to be announced before markets open today. **REUTERS**

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Let the sun shine in
If 1 million homes converted to solar power, we could reduce CO_2 emissions by 4.3 million tons per year, according to The Live Earth: Global Warming Survival Handbook by David de Rothschild. METRO NEWS SERVICES

Going Green

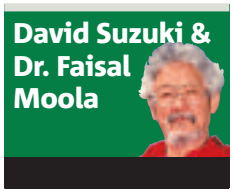
Rating products

Energy Star is an international symbol for energy-efficient goods. Rather than rating products along a scale, the Energy Star initiative sets a single standard and awards the Energy Star symbol to products that meet specific technical criteria, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha. METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Elect leaders who care about planet

ScienceMatters



Election 2008

Leaders of nations worldwide know we are near more than one environmental tipping point. So they've met to hammer out agreements in crucial areas such as biodiversity loss and global warming.

Canada itself has acknowledged, through national planning and legislation, the importance of issues such as species conservation and sustainable development. Many of these agreements and strategies must be addressed during the mandate of the government we elect on Oct. 14.

In December 2009, Canada will meet with other nations in Copenhagen to adopt an international treaty to succeed the Kyoto Protocol on global warming. In 2010, the country will also have to report on the progress it has made regarding the UN Convention on Biological Diversity's targets for reducing biodiversity loss. Over the next few years, Canada's government must also formally review its Species at Risk Act, implement a Sustainable Development Act, and tackle a number of other crucial environmental issues.

We need a government that will lead when it comes to caring for the finite world that gives us life and sustains us. We've already squandered 20 years since global warming was first recognized as an issue requiring immediate attention.

Even though the environment has at least been on the agenda during this election, pollsters tell us Canadians see the economy and health care as more important. But it's not a matter of one or the other. The health of Canadians depends on a healthy environment, as does a healthy economy. Everything is connected!

We're a bit behind, but we can start to catch up by recognizing that environmental initiatives can give the economy a huge boost. We can keep sucking every last bit of coal and oil out of the ground until it's all gone, until it's all been burned and its carbon released into the air, or we can create jobs and economic opportunities by developing renewable sources of energy.

Yes, we can all make a difference through our own individual actions by changing some of our habits, but we also have an opportunity to elect a government that will contribute to the kinds of large-scale changes needed for a sustainable world.

As Canadians, we must hold the politicians to account and ensure that, no matter which party wins the election, we will have a government that shows foresight and leadership at home and abroad. That way we'll have a country that is thriving on opportunity rather than drowning in crisis.

If we keep stalling, we won't have to worry about the economy, or health care, or anything else.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

Take a hike — in protected forests

Eco-Minded

The northern spotted owl is B.C.'s most famous bird. Soon, it will become extinct in Canada unless serious conservation measures are taken in its habitat — threatened old-growth forests of southwestern mainland B.C.

But the forests aren't only for the owls. More than 100 other known (and many unknown) old-growth dependent species inhabit the southwestern mainland. Many of them are also at risk. Together, these species and their environment form the old-growth forest ecosystem.

This ecosystem also offers many benefits to people including: Recreation opportunities, such as hiking and fishing; the protection of water quality for the Lower Mainland; edible forest products; and carbon storage, which mitigates climate change.

In a recent report, Duncan Knowler and Kristin Dust found that the economic value of conservation for these benefits is greater than the value of logging for many old-growth stands.

Much remains unknown about species habitat needs and what happens to the forest and the benefits it provides when species decline or disappear.

One way to deal with this uncertainty is to conserve "umbrella" species like the northern spotted owl, whose large habitats encompass the habitats of many other species.

If the owl is well protected, so will be many other old-growth dependent species and the critical benefits that the ecosystem provides for people.

So next time someone bemoans the cost of saving the owl, tell them to take a hike — in forests protected for the owls and for us.

Habitats

- There are likely fewer than 20 northern spotted owls left in B.C. These owls need large tracts of old-growth forest, which provide habitats for many other species.

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC. Jennifer Karmona is a graduate of the resources management and environmental program at UBC.

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Selanne, Ducks sign two-year deal

The Anaheim Ducks officially welcomed back franchise icon Teemu Selanne yesterday, signing the Finnish winger to a two- year contract. Per club policy, terms of the deal were not disclosed. The 38-year-old had 12 goals and 23 points in 26 games last season. METRO NEWS SERVICES

Sports

Roddick takes China Open

Former world No. 1 Andy Roddick edged Dudi Sela in three sets to win the final of the China Open at the Beijing Tennis Center yesterday. The second-seeded Roddick picked up his 26th ATP title and third this year with a 6-4, 6-7 (6-8), 6-3 victory over the Israeli Sela, who played in his first ATP final.

METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Blue Jays **Season finale**

REUTERS/JOE GIZA

Joe Inglett, left, of the Toronto Blue Jays gives teammate Vernon Wells a pat on the helmet at home plate after Wells hit a three-run home run in the fifth inning of Toronto's 10-1 win over Baltimore in the team's final game of 2008.

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Is it possible to set limits ... and still be a loving parent?
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Learn how to set loving, healthy boundaries in any setting and with children of all ages.
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ACSI Teachers Conference
(Seminar is Leadership focused. All other Teachers, Educators, Children's workers also welcome.)
Chandos Pattison Auditorium at Pacific Academy School
10238-168th St., Surrey, B.C.
Friday, October 10, 2008 7:00 - 9:30pm
Parenting Conference for the Fraser Valley
Chilliwack Alliance Church
8700 Young Rd., Chilliwack, B.C.
Saturday, October 11, 2008 9:30am - 4:00pm
City-Wide Parenting Conference for Metro Vancouver
Chandos Pattison Auditorium at Pacific Academy School
10238-168th St., Surrey, B.C.
worship@telus.net www.worshipvancouver.com 604.879.1124

Canucks turning heads

ToulBox

Scott Rintoul

scott.rintoul@metronews.ca

"Wellwood ... showed his sublime skill in the shootout with a move that not only won the game, but left goalie Jean-Phillipe LeVasseur with motion sickness."

Though no one is planning a parade route for next June, the Canucks four straight pre-season wins appear to be changing some minds around the province.

The general consensus around water coolers and watering holes this summer was that the upcoming season would be a write off. There may be some that still feel that way based on the fact that these results are coming in the exhibition campaign, but more and more fans are beginning to say, "They might not be that bad after all."

Hockey aficionados in this market have always had a soft spot for teams that bring their lunch buckets to the rink, and this group has shown itself to be hard working in the limited time its been together. Consistent scoring will be the biggest issue until proven otherwise, but this year's squad will be faster and tougher than the previous two versions.

While wins are still the main currency of the business, those two traits may drastically alter the court of public opinion.

• As for who stood out this weekend, let's start with Kyle Wellwood. Though he wasn't much of a factor in Saturday's 3-2 win over the Sharks, he did manage to register an assist on Jannik Hansen's powerplay goal, which proved to be the winner.

Sunday, however, Wellwood notched a gorgeous goal to open the scoring for Vancouver, and then showed his sublime skill in the shootout with a move that not only won the game, but left goalie Jean-Phillipe LeVasseur with motion sickness.

Hands aren't the problem, work ethic is, but if he keeps scoring goals like that, the Canucks will keep him around.

As for Hansen, all reports were glowing on Saturday and his selection of first star validated those accounts.

Steve Bernier had a very strong first showing with the Sedins, picking up a goal, an assist and a permanent address in front of the opposing goalie.

Super-frosh Cody Hodgson wasn't that noticeable against the Ducks, but he did manage an assist in regulation and a goal in his first NHL shootout.

• Don't look now, but the BC Lions are second in the West after a perfect sweep of September.

Though Saturday's 40-10 win over Hamilton was expected, it represents another rung on the ladder as the Leos attempt to claw their way into a fifth-straight home playoff game.

Buck Pierce continues to move the chains on offence, Cam Wake continues to wreak havoc on defense and the supporting cast is following suit. BC is still not the team to beat, but the squad has yet to play to its potential. As I have the opportunity to roam the sidelines during home games, the most noticeable difference between now and earlier this season is in the level of confidence on the bench.

The Lions are close to believing that they will find a way to win every game regardless of circumstance, and that belief is far more valuable than any player, coach or game plan available.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Toronto 10 Baltimore 1
Chicago Sox 5 Cleveland 1
L.A. Angels 7 Texas 0
Minnesota 6 Kansas City 0
N.Y. Yankees 6 Boston 2 (gm #1)
Seattle 4 Oakland 3
Tampa Bay 8 Detroit 7 (11 ings)
Boston 4 N.Y. Yankees 2 (10 ings, gm #2)

NATIONAL LEAGUE
Arizona 2 Colorado 1
Florida 4 N.Y. Mets 2
Houston 3 Atlanta 1
Milwaukee 3 Chicago Cubs 1
Philadelphia 8 Washington 3
Pittsburgh 6 San Diego 1
San Francisco 3 L.A. Dodgers 1
St. Louis 11 Cincinnati 4

TODAY'S GAMES

AMERICAN LEAGUE
Detroit at Chicago Sox, 12:05

CFL

WEST DIVISION

	W	L	T	PTS
Calgary	9	4	0	18
B.C.	**8**	**5**	**0**	**16**
Saskatchewan	8	5	0	16
Edmonton	7	6	0	14

EAST DIVISION

	W	L	T	PTS
Montreal	9	4	0	18
Winnipeg	5	8	0	10
Toronto	4	9	0	8
Hamilton	2	11	0	4

WEEK 14
YESTERDAY'S GAME
Montreal 37 Saskatchewan 12

NFL

WEEK 4
SUNDAY'S GAMES
Buffalo 31 St. Louis 14
Carolina 24 Atlanta 9
Cleveland 20 Cincinnati 12
Jacksonville 30 Houston 27 (OT)
Kansas City 33 Denver 19
New Orleans 31 San Francisco 17
N.Y. Jets 56 Arizona 35
San Diego 28 Oakland 18
Tampa Bay 30 Green Bay 21
Tennessee 30 Minnesota 17
Washington 26 Dallas 24
Chicago 24 Philadelphia 20

TONIGHT'S GAME
Baltimore at Pittsburgh, 6:30

SOCCER

PLAYOFF GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:

FRIDAY'S RESULT
VANCOUVER 2 Minnesota 0

YESTERDAY'S GAME
Minnesota 4 VANCOUVER 3

Sports in brief

GOLF Colombian Camilo Villegas pulled even on the No. 17 and then sealed a victory over Sergio Garcia on the first playoff hole at the PGA Tour Championship yesterday.

NFL The Washington Redskins ousted the Dallas Cowboys from the unbeaten ranks with a 26-24 upset victory yesterday.

NFL Brett Favre set a career-high with six touchdown passes as the New York Jets outgunned Arizona, 56-35, at the Meadowlands.

NFL Nate Kaeding hit a 47-yard field goal with under two minutes to play and the San Diego Chargers overcame a 15-point halftime deficit with 25 fourth-quarter points to clip the Raiders 28-18 in Oakland.

FORMULA 1 Renault's Fernando Alonso ended a year-long winless streak by taking the Singapore Grand Prix, the first Formula One race run at night, yesterday. METRO NEWS SERVICES

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Edgewater's full contest conditions at Guest Services. Selected entrants must be present at draws to win prizes. Valid at Edgewater Casino. No purchase necessary. Selected entrant must present valid photo ID to claim prize. CAR AWARDED MAY NOT BE EXACTLY AS SHOWN.
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• LAND ROVER LR3 HSE • PORSCHE BOXSTER S
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British Columbia Lottery Corporation
Know your limit, play within it.
19+ YEARS

University status draws more students to UFV
The University of the Fraser Valley is reporting increases in enrolment over last year, with a 6.3-per-cent jump. The big reason for the gain is the fact that the former university-college was awarded university status by the B.C. government in April. METRO NEWS SERVICES

Workology

Lindros' legacy
Recently, the London Health Sciences Centre's University Hospital unveiled the signage of its Lindros Legacy Research building, named after former NHL star Eric Lindros. Last November, Lindros contributed $5 million to the facility. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

The cat man of Parliament Hill

OddJobs
Diane Peters

It's a sunny afternoon at the western edge of Parliament Hill and René Chartrand is swinging a curly-haired toddler through the air. The boy and his father came here to look at the dozen cats who live in view of our nation's capitol buildings.

They're finding out the so-called Cat Man is possibly more entertaining than his feline charges.

Chartrand, although 86 years old, finds the energy to take a 10 minute bus ride most days to feed the cats, do maintenance on their homes and both chat and play with the hundreds of visitors who stop by every day.

He rarely misses a day, although snow sometimes keeps him from leaving his downtown apartment, where he has seven cats of his own. "I cannot live without a cat," he says. "I've always loved them."

The descendants of the cat colony worked inside the parliament buildings doing natural pest control until chemicals took over their job in the 1950s. Put outside, they were cared for by various hill staff until, in the 1970s, a local woman named Irene Desormeaux gave them food and some boxes to live in. Chartrand began helping out.

PHOTO SUBMITTED

René Chartrand, the so-called cat man.

In 1987, Desormeaux died and Chartrand took over. The former lumber mill worker and house painter, who is originally from nearby Hull, took his volunteer duties seriously. He built condos out of wood for the cats, got them vet care and lavished them with attention.

Chartrand set up a donation box, which helps offset — but doesn't always full cover —the $6,000 it costs to care for these cats every year. Donated cat food and vet care (they get a check-up and shots every year) help too.

In recent years, a group of eight local residents has begun helping Chartrand. They come early in the morning with food, and when he arrives at two, he feeds them again (if he doesn't make it, everyone knows they've eaten for sure). They help with things like the shoveling.

They're also consciously letting the cat colony peter out. A few years ago, there were 28 cats, now just a dozen remain. When people drop kittens on the hill or a new stray comes into the group, they bring it to the local Humane Society for adoption (or take it in themselves — everyone involved in this project has a couple felines at home).

None of them sees themselves as Chartrand's successor in this job: he's the one who knows both official languages, and who effortlessly acts as cat ambassador as well as cat lover. "Taking care of these cats is all I have to do. I'm in love with them."

The Lowdown

Job title: Cat Man
Salary: Volunteer; chips in to help offset the $6000 annual cost of keeping the cats.
Education/training: A love of cats; helps if you can build and fix things.
Best Part of the Job: "To be here every day."
Worst Part of the Job: "I hate to go home."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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N.S. business school shuts down

The Success College of Applied Arts and Technology, based in Truro Nova Scotia, has closed its doors after 116 years in operation. An N.S. Department of Education spokesman said the school's president asked that the college's operating license be rescinded because he didn't have space to hold classes. METRO NEWS SERVICES

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Capilano U prez stands by focus

MONICA MARTINEZ
for Metro Canada

Although five B.C. colleges were granted university status this fall, the president of Capilano University said their focus on teaching versus research still differentiates them from the province's two largest schools.

Greg Lee said the University of B.C. and Simon Fraser University are research-driven with less focus on teaching, a claim those schools dismiss.

"UBC has a huge research focus and that sometimes takes away from the students."
Capilano University President Greg Lee

"UBC has a huge research focus and that sometimes takes away from the students," Lee said. "At out institution, we're focused on students, not the research."

The claim prompted a reaction from UBC's vice-president, David Farrar who released a statement saying it "perpetuated a stereotype."

"At UBC, research doesn't trump student learning, it strengthens our ability to provide a deep educational experience that sets undergraduates on the path of success."

Workers share weirdest jobs, A-Z

CareerBuilder.com has announced its most unusual job survey results:

- A - Autopsy assistant
- B - Bartender at the Liberace mansion
- C - Cat nanny
- D - Donkey trainer
- E - Elf at Santa's workshop
- F - FBI Fingerprint examiner
- G - Grave digger
- H - Hurricane hunter
- I - Ice sculpture carver
- J - Junk mail machine operator
- K- Kitty litter box decorator
- L - Laser tag referee
- M - Magician's assistant
- N - Nuclear electrician on a submarine
- O - Opera singer
- P - Parachute tester
- Q - Quality control/taster for chocolate factory
- R - Romance specialist
- S - Scratcher (scratched backs for patients)
- T - Turkey wrangler
- U - Undercover vice decoy
- V - Video game tester
- W - Wallpaper peeler
- X - X-ray technician for zoo animals
- Y - Yawn counter
- Z - Zamboni driver

METRO NEWS SERVICES

UBC tries to revive giant tortoise

SCIENCE Extinct giant tortoises that disappeared over a century ago may be brought back to life, if a team of scientists, including a UBC geneticist, are successful. The 20 researchers will travel to the Galapagos Islands this December to begin a breeding program by extracting DNA material from tortoises sharing similar genetics to the extinct creatures. They are believed to have disappeared in the mid-1800s.

In brief

ENVIRONMENT The government's target to reduce emissions 20 per cent below 2006 levels by 2020 will most likely not be met, according to SFU researchers. A six-page brief attributes the failure in policy to their non-mandatory nature, the lack of a price tag attached to emitting pollutants and non-economy wide applications.

GRADUATION SFU's graduating class will be larger this fall than it was last year with 2,513 students taking part in convocation ceremonies — 113 more grads than in 2007.

METRO NEWS SERVICES

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An Open Letter From Donald Trump To All Vancouver Area Residents Who Want To Get Rich In Real Estate & Business!

Trump Tells All!

"I've Made Billions And Now I want To Share My Success Secrets With You!"

– Donald Trump,
Executive Producer, The Apprentice, NBC • Chairman, Trump Institute

Dear Vancouver Area Resident,

Have you seen my TV show, *The Apprentice*? It's been one of the top rated shows on NBC for eight consecutive seasons!

Not only that, it has made me a media phenomenon and forever changed my life.

And now, at the age of 60, I've decided to make a bold move to share my knowledge and experience in such a way that it could be a great advantage to you.

What Kind Of Advantage?

The best kind of advantage; the kind of advantage that could make you money and make you rich.

If you are seriously interested in hearing what I have to say about being successful, about making money and about getting rich, please read every word of this letter carefully. It contains an invitation for you to discover what has taken me the better part of my life to learn and put into action.

Please let me explain.

Before *The Apprentice,* I was famous for building the world's largest and most beautiful buildings, golf courses and casinos, and for being a marketing whiz when it comes to succeeding in business. Everywhere I went people treated me like royalty and I was generally considered a big shot.

Everything Has Changed!

Because of *The Apprentice,* everything has changed. I have truly become a household word, globally. Everywhere I go people say something to me. Sometimes they say, "Trump, you're fired!" Or, "You're hired!" But always, they greet me with respect, humor and friendship. It's like they know me personally.

I love that!

With this monumental fame there comes a great responsibility (and an enormous opportunity) to make a huge contribution to the North American economy.

Something Extraordinary For You!

Since the amazing success of *The Apprentice,* I have been wondering what to do with this new power of worldwide fame. Recently I got the idea to do something truly extraordinary and totally outside of the box.

What I've decided is that I want to train and educate the next generation of real estate moguls and business entrepreneurs. Why?

There are two very good reasons:

Reason #1:

America's been very good to me and my family and this is a great way I can give back to the country and help stimulate real economic growth.

Reason #2:

I believe that what I have to share will create so much success for my students, that I will leave a legacy as being the father of modern real estate acquisition and entrepreneurial success.

You see, one thing you should know about me is that more than anything, I want to be known as a great businessman, maybe even the greatest!

That's why I have created Trump Institute.

Want To Know How I Do It?

Would you like to know how I buy and sell real estate? How I pick properties for huge profits and high yield equity gains?

Would you like to know what I look for when buying a business or starting a new business? If so, I'm inviting you to come to a special seminar introducing Trump Institute. At this seminar you'll see first hand the type of education I am offering.

Who Should Attend?

If you're asking yourself, "could this be the moment that changes everything for me?" All I can say is, you'll never know unless you try.

Your Success Depends On You!

Ultimately, your success depends on you, and with my help, you can get an education and an advantage that has not only proven to work for me, but it has also worked for many of the world's richest men and women.

You see, in my quest to be the best, I have sought the advice and guidance from people who have also experienced mega-billionaire success. I have incorporated their techniques and experiences into my own personal treasure chest of successful business and real estate knowledge, strategies, and wisdom.

A Powerful Team of Experts!

I also have an incredible team of business entrepreneurs and real estate mavens (very talented experts), who deliver my material and my lessons.

These are men and women who are highly successful professionals in business and real estate. They speak from my lips to your ears and they back it up with experience, knowledge and wisdom. I wouldn't put my name on it any other way.

Money-Making Skills

Through this seminar you'll learn practical money-making advice about how to be successful in business and how I invest in real estate.

Here's just a sample of what you'll learn:

- **You are going to learn the Trump Way to get cash back when you BUY a property.**
- Learn the Trump Way to get other people to jump-start your business.
- **The Trump Way to find great deals in the hidden markets others don't know about.**
- The Trump Way to finance your business without putting up your house or risking personal liability.
- **The Trump Way to build YOUR real estate empire property by property**
- You will discover the Trump Way to make piles of cash.
- **You will learn the Trump Way to get the government to buy your product and rent your properties.**
- You'll see the Trump Way to negotiate with bankers—and win big!
- **The Trump Way to be your own boss—forever.**
- The Trump Way to build your retirement account quickly and live the lifestyle of your dreams.
- **The Trump Way to stop paying high taxes.**
- The Trump Way to build your Power Team—the right way.
- **The Trump Way to structure your business organization for maximum profit and protection.**
- The Trump Way to make terrific deals on real estate in a buyers OR sellers market.

If you're serious about winning in business or catching the world's greatest wave of real estate profits, come to this introductory seminar. There are more opportunities in business and real estate in the **Vancouver** area than ever before.

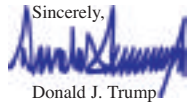
This Is Your Invitation

It is for this reason that I am making an absolutely irresistible invitation for you to attend my Trump Institute Introductory Seminar.

It's FREE!

Here's the deal: Admission is FREE, but you must call and make a reservation.

Sincerely,



Donald J. Trump

P.S. When I said I was going to give you my best deal, I wasn't kidding! See below!

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- **MON., OCT. 6TH**
  1:00pm or 7:00pm
  Executive Hotel & Conference Centre
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(Additional materials will be offered for sale at this Introductory Conference.)

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Moss lipstick portrait sold

A self portrait drawn in lipstick by supermodel Kate Moss has been sold to an anonymous buyer for $62,000 US in London. **BBC NEWS ONLINE**

Entertainment

Lone Ranger

George Clooney is reportedly set to star as The Lone Ranger, joining Johnny Depp in the big-screen adaptation of the long-running 1950s TV show, according to British tabloid reports. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Stop and take stock

HineSight

Anne Hines

My grandmother had a saying, "If you don't take stock, how do you know when you're running low?" Remembering those words always makes me think "What the heck was the old woman talking about?"

Possibly, what she meant was that every so often we should take time to ask ourselves important life questions. Do a little self-assessment. I'm thinking along the lines of, "Am I headed down a wrong road?" and "Should I stop doing that if it stops being fun?"

Traditionally, the time to take stock of our lives is when we make New Years resolutions. I've made many over the years and I'm happy to say I've kept every one. Mainly, I've kept them in the bottom drawer of my desk where I don't have to look at them.

But today I'm taking grandma's advice and I invite you to do the same.

Career: My crowning achievement this year was training my family not to interrupt when I'm working. I did this by saying, "Let me read you what I'm working on," every time they came near.

Finances: So far, a significant part of my savings portfolio is made up of whatever I find under the sofa cushions. But, I do have a retirement plan. I plan never to retire.

Family: This is a big year for our family as my older daughter gets surgery to become. well, my older daughter. Jade was born biologically male. As we work through this process together, I've come to realize that my family is exasperating, opinionated and often surprisingly terrific.

Going green: My friend, Rob, claims he's cut his personal water consumption by half by substituting soda in his scotch. For myself, I didn't get around to getting a backyard composter but I think the pile of laundry in the basement has started to decompose.

Personal satisfaction: I've got love and work enough and what else do we need? Except for nice shoes. And gossip magazines. Oh, and Twizzlers.

The tally: I'm giving myself an A for "effort."Or possibly for "anxious."

Overall, I'd say I've achieved the goal of anyone trying to make it in this world. I'm still standing.

Anne's friend cut his water use by using soda in his scotch.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Worst kind of ratings

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

LIKE BOXING WITHOUT KNOCKOUTS: Political debates, like awards shows, are the worst kinds of television that can actually deliver ratings that better programs dream of getting; the notable exception to this rule being the Emmys.

Republican presidential candidate John McCain followed his Democratic opponent Barack Obama at the top of last Friday's first U.S. presidential debate with a downbeat announcement that Senator Ted Kennedy was in the hospital, and went on to admit that, "I've been not feeling too great about a lot of things lately." He might have been striving to be honest — a questionable tactic for a politician.

The U.S. presidential debates are pageants of style and sentiment whose effect and appeal almost supersede the geography of facts or party loyalty.

Both candidates took credit for being Cassandras of the economic crisis, warning of trouble to come. Both men favour tax cuts, and the financial bailout, but as sure as regret follows a binge, the inevitable "but..." transforms the momentary illusion of consensus into the usual ideological Babel.

In any case, Thursday's vice-presidential debates are likely to be the style battle that will pull in ratings.

Tammy Schnurr and Jeffrey Fisher are hosts of Arresting Design on W Network.

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/29/08	251	308	3	CBC	Coronation St.	Jeopardy! (N)	Dragons' Den (CC)		The Border "Stop Loss"		CBC News: The National (N)		(:05) The Hour
	255	358	6	JOY	E! News	The Insider	'Til Death (N)	How I Met	Do Not	Worst Week	(:01) Boston Legal (N) (CC)		News (N)
	254	-	8	M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9	CTV	eTalk (CC)	Hollywood	Dancing With the Stars (Same-day Tape) (CC)				(:01) CSI: Miami (N) (CC)		News (N)
	-	-	10	OMNI	Scrubs (CC)	According-Jim	Stargate SG-1 "Broca Divide"		One Tree Hill (N) (CC)		The Daily	Perspectives	New Day
	252	336	11	GTV	Entertainment	ET Canada	Prison Break "Blow Out" (N)		Heroes (N) (CC)		Life "Find Your Happy Place"		News (N)
	256	389	12	VI	Robson Arms	TMZ (N) (CC)	Sarah Connor Chronicles		Two/Half Men	Two/Half Men	The Mentalist (N) (CC)		News (CC)
	253	359	13	CITY	Law & Order: SVU		Chuck (Season Premiere) (N)		Celebrity Fit Club (CC)		Curb-Enthsm	TBA	Reviews
	-	-	14	CW	Deal-No Deal	Deal-No Deal	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (N) (CC)		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	Chuck (Season Premiere) (N)		Heroes (N) (CC)		Life "Find Your Happy Place"		News (N)
	602	568	19	W	Will & Grace	Friends (CC)	How Clean	House	Love It or List It (N)		Real Est	Kim	House
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (Same-day Tape) (CC)				(:01) Boston Legal (N) (CC)		News (N)
	-	-	26	KVOS	M*A*S*H	Seinfeld	Black Cloud ★★ (2005, Drama) Eddie Spears, Julia Jones.				King	Still Standing	Scrubs (CC)
	291	383	27	PBS	Steves Europe	Antiques	Antiques Roadshow (CC)		Change Your Brain, Change Your Life (CC)				Elvis Lives
	290	382	28	FOX	Two/Half Men	Two/Half Men	Sarah Connor Chronicles		Prison Break "Blow Out" (N)		News (N) (CC)		Family Guy
	-	364	48	PBS	American Experience: Reagan: Crusade			Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	54	SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	55	TLA	Two/Half Men	Two/Half Men	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	58	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	57	WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76	STR	News (N)	News		Late Show-Letterman		ET Canada	Entertainment	Psych (CC)	
news	502	390	29	NW	Mr. President (N) (CC)		Your Turn With Elizabeth May		CBC News: The National		Mr. President (CC)		National
	500	500	69	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	Best Damn Sports Show		Hockey	Hockeycentral	The Season: 08 Jays		Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	NFL Football: Ravens at Steelers			SportsCentre (Live) (CC)		Boxing: Casamayor vs. Marquez			SportsCentre
	411	457	49	OLN	Departures (CC)		Pilot Guides "Greek Islands"		Don't Forget Your Passport		Mantracker Kaleigh and Alana.		Departures
	410	403	50	SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	65	SC	Barrett-Jackson		Pinks	Pass Time	This Week in NASCAR		Big Shots: Titans at the Tee		Auctions
	416	409	444	GLF	(6:00) Fútbol		Gol TV News		2010 Report		Paid Program	Kings Club	Gol TV News
family	552	543	25	YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50	TEL	George	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Chicken	Life's a Zoo
	557	541	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56	TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	The Bittles	Big Comfy
cable variety	268	354	3	KNO	Undersea	Landscape	Hockey: A People's History		The Russian Journey		Growing Up Online (N) (CC)		Haida Art
	575	583	20	CMT	Home Imp.	Home Imp.	Karaoke Star "Best of"		Reba (CC)	Hope & Faith	Home Imp.	Home Imp.	Ed (CC)
	570	580	24	MM	Legally Blonde (CC)		MuchVibe (CC)		So You Think You Can Dance Canada (CC) (DVS)				MuchVibe
	600	564	29	H&G	Income Prop.	House	Holmes on Homes (CC)		Property	Marriage	Income Prop.	My First Place	Home to Stay
	615	520	31	A&E	Paranormal	Paranormal	Paranormal	Paranormal	Intervention "Brooke" (CC)		Intervention (CC)		Paranormal
	628	584	62	SPKE	CSI: Crime Scene Invstgtn.		CSI: NY (CC)		CSI: NY (CC)		Star Trek: Voyager (CC)		Deep Space 9
	521	560	34	TLC	17 Kids-Count	17 Kids-Count	Kids by the Dozen (CC)		Jon & Kate	Jon & Kate	17 Kids-Count	17 Kids-Count	Little People
	616	522	39	SHO	Love-Death	Love-Death	Painkiller Jane (CC)		Kenny-Spenny	Rent-A-Goalie	My Name Is Earl (CC)		The Office
	620	523	40	BVO	Ahead of the Curve		Law & Order "Driven" (CC)		Without a Trace (CC)		Confessions of a Pop Performer (1975) (CC)		
	601	562	41	SLC	Project Runway		End of Leash	Spoiled	Wedding SOS	Party Mamas	Project Runway		Trading Sp
	520	505	42	DIS	Dirty Jobs (N) (CC)		Daily Planet (CC)		Verminators "Moby Rat"		Dirty Jobs (CC)		MythBusters
	522	506	44	HIS	NCIS "Cover Story" (CC)		Battle 360 (CC)		Tank Overhaul "The Hellcat"		NCIS "Cover Story" (CC)		Crime Stories
	627	528	45	SPC	Eureka "I Do Over" (CC)		Stargate SG-1 "Prototype"		Lost "Hearts and Minds"		Star Trek: Deep Space Nine		Star Trek
	294	650	47	TBS	Name Is Earl	Name Is Earl	Seinfeld	Sex and-City	Sex and-City	Kingpin ★★ (1996) Woody Harrelson, Randy Quaid. (CC)			
	619	525	48	TROP	TV Made	Very Bad Men (CC)		What	Make	TV Made	Planet Soap	Reality	Final 24 (CC)
	603	561	52	FN	Kitchen Nightmares (CC)		Restaurant Makeover (CC)		Challenge Fruit sculptures.		Good Eats	Ace of Cakes	Nightmares
	626	547	57	COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	The Cho Show	Simple Life	Daily Show
	320	621	60	CEN	Stargate Atlantis (N) (CC)		Californication	Little Britain	Rocket Science ★★★ (2007) (CC)			(:45) Death Proof ★★★ (CC)	
	581	566	101	MTV	The Hills	After	MTV Live	MTV News	Man and Wife	The Hills	The Hills	After	MTV Live
	261	394	102	V	Benmergui-Isr	Benmergui-Isr	Six Days in June (CC)		Benmergui-Isr	Benmergui-Isr	Six Days in June (CC)		Paid Program
	-	-	106	MUL	Matchmaker	Daughters	It Will Be Difficult to Love		Marimar		Pinoy: That's Entertainment		Patrol World

critics' corner

One Tree Hill

Lindsey and Lucas (Michaela McManus, Chad Michael Murray) face a shaky future, while Nathan (James Lafferty) gets an offer from a pro basketball team in this new episode. Haley (Bethany Joy Galeotti) accidentally puts Jamie's (Jackson Brundage) life in danger and learns the truth about Dan (Paul Johansson). Peyton (Hilarie Burton) learns a dark secret about her new recording artist in "You've Dug Your Own Grave, Now Lie in It." 6 PM on WGN WPX; 9 PM on OMNI TLA CW

Little Britain USA

It's a little bit "Monty Python's Flying Circus," a little bit "Saturday Night Live" and a whole lot of outrageous. Americanized just a tad from the version that's been a BBC staple, this new sketch comedy series stars Matt Lucas and David Walliams as a variety of recurring oddball characters, from a transvestite in denial to a weight-loss support group leader who is, shall we say, less than supportive. This is one show that's better seen than described. 8:30 PM on CEN

BookPicks

Supreme Courtship

Author: Christopher Buckley
Publisher: Grand Central
Price: $27.99 (HC)

From the author of political satire Thank You For Smoking comes a new comic book inside the highest judicial body in the United States — the Supreme Court. A justice vacancy leaves President Donald Vanderdamp the responsibility of finding a replacement. When senator Dexter Mitchell dismisses President Vanderdamp's nominees, the leader takes action to get a big name onto an even bigger bench. He calls on Judge Judy-esque Texan Judge Pepper Cartwright from TV's Courtroom Six to step up to the bar.

Brian Coulton/for Metro Canada

In brief

BOX OFFICE The top film over the weekend was Eagle Eye with $29.2 million US. **REUTERS**

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The Greatest Hits of All Time

ROGERS

Gervais to meet Oscar?
Comedian Ricky Gervais, right, has been tipped to host next year's Academy Awards, after his laugh-raising stint at the recent Emmy Awards. IMDB.COM

Celebrity Buzz

Locklear arrested on DWI suspicion

GOSSIP Actress Heather Locklear was arrested Saturday on suspicion of driving while impaired, TMZ.com reports.

Locklear was pulled over while driving in the Santa Barbara, Calif., area.

Law enforcement officers have told TMZ alcohol was not involved, however they are conducting tests to determine if Locklear was under the influence of drugs. She was released on her own recognizance yesterday, without having to post bail.

In June, Locklear checked herself into an Arizona medical facility to fight anxiety and depression.

People.com reports her rep as having no comment on the arrest.

METRO NEWS SERVICE

GETTY IMAGES PHOTOS

Rihanna has designs on more than umbrellas

FASHION Rihanna is set to follow in the footsteps of fellow pop star Gwen Stefani and launch her own clothing line, femalefirst.co.uk reports.

The singer, who is a frequent front-row guest at runway shows, has confirmed she is working on her own designs.

Rihanna has already dabbled in the accessories industry — she put her name to a range of umbrellas earlier this year to coincide with her international hit of the same name.

"I can't say when it will be released, but it's definitely going to happen. I'm not one to rush into anything. I want to take my time," she tells fashion publication Wwd.

Earlier this year, Rihanna hinted she was pondering a fashion line, saying, "There might be a clothing line on the horizon, maybe underwear."

The star has also previously teamed up with retail chain H&M to design a range of casualwear as part of the Fashion Against Aids campaign.

METRO NEWS SERVICES

Moore's fake husband

INTERNET Julianne Moore is waging an online battle with a mystery man who claims he was once married to her, imdb.com reports.

The Oscar nominee is baffled by a posting on the Internet Movie Database which claims she was married to Sundar Chakravarthy from 1983-1985. And she wants the world to know she has never met the web phantom.

"I was in an interview, and a journalist said, 'You've been married three times.' And I said, 'No.' She said, 'It's on the internet,' so I checked it out," Moore says. "There's a person online who claims to have been married to me from 1983 to 1985. His name is Sundar Chakravarthy. I've never heard of him."

Moore's real husbands are John Gould Rubin, who she divorced in 1995, and her current spouse Bart Freundlich.

METRO NEWS SERVICES

Oprah dismisses Carey cancellation

GOSSIP Oprah Winfrey has dismissed reports Mariah Carey has cancelled an appearance on her U.S. chat show on Friday, when she was allegedly set to announce she is pregnant, femalefirst.co.uk reports.

The pop singer was rumoured to have booked an appearance on the show to share the news that she is expecting her first child with husband Nick Cannon, according to internet reports.

But a representative from Winfrey's production company, Harpo, insists there are no scheduled plans to have Carey on the show either now or in the immediate future.

Meanwhile, Carey's spokesperson has shot down claims the star is pregnant — a rumour that has plagued her since exchanging vows with Cannon in April after a whirlwind romance.

METRO NEWS SERVICES

Mario Lopez pens children's book

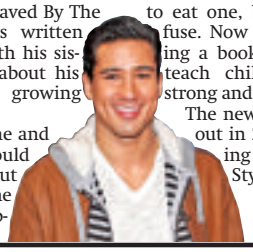
BOOKS Actor Mario Lopez has become the latest star to pen a children's book, imdb.com reports.

The former Saved By The Bell star has written Mud Taco with his sister Marissa, about his experiences growing up.

"For fun, he and Marissa would make tacos out of mud in the backyard, substituting worms for cheese, grass for lettuce and mud for meat," a source says. "Mario would dare Marissa to eat one, but she'd refuse. Now they're writing a book about it to teach children to be strong and creative."

The new book is due out in 2009, according to Life + Style magazine.

METRO NEWS SERVICES



celebrity briefs

Farrell converting to Judaism?

RELIGION Actor Colin Farrell, 32, is reportedly abandoning his Catholic faith to convert to Judaism for new girlfriend Emma Forrest, imdb.com reports.

Farrell, 32, has been dating the novelist since June, but the romance appears to be turning serious. The couple attended a West Hollywood party for Heeb magazine at MBar earlier this month, where Farrell was seen wearing a chain with a Star of David pendant around his neck, according to the New York Post's Page Six.

METRO NEWS SERVICES

Doherty claims she was vilified

CELEBRITY Shannen Doherty "cried herself to sleep" when negative stories were written about her, femalefirst.co.uk reports.

The actress, who shot to fame playing Brenda Walsh in '90s TV series Beverly Hills, 90210, attracted unwanted attention as rumours of her onset spats with the show's cast and party-loving lifestyle began to surface.

Doherty, 37, claims she was unfairly vilified as she was just behaving like any other teenager."I got raked over the coals. Many nights I cried myself to sleep over that stuff," Doherty said.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

Ryan Reynolds and **Scarlett Johansson** have gotten hitched.

We can only hope, for the sake of their publicists and our own prurient curiosities, that it is the first of many miserable and publicly contentious marriages for both of them.

The wedding was a small affair that took place at a remote wilderness resort near Vancouver with a limited guest list that included Bambi, Thumper, Friend Owl, Legolas, Bilbo Baggins, Gollum and Bigfoot. It is unknown at this time who was holding the shotgun.

Johansson is American, Reynolds is Canadian. I'm no lawyer, but when an American gets married in Canada and isn't gay, does it even count?

This marriage has taken me by surprise. I thought that the Van Wilder guy would have enough common sense not to cross his ex **Alanis Morissette** like that.

Now, he can expect to have a much less interesting time every time he goes to a movie theatre, and each time he sits down to dinner and the phone rings he's going to worry it's Alanis asking for "Mr. Duplicity." He-ee, he-ee, he-ee oughta know.

As for his bride, I understood that ScarJo was too busy advising **Barrack Obama** on election strategy to get married.

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Tuesday Mainly sunny 19° / 14°
Wednesday Partly cloudy 19° / 13°

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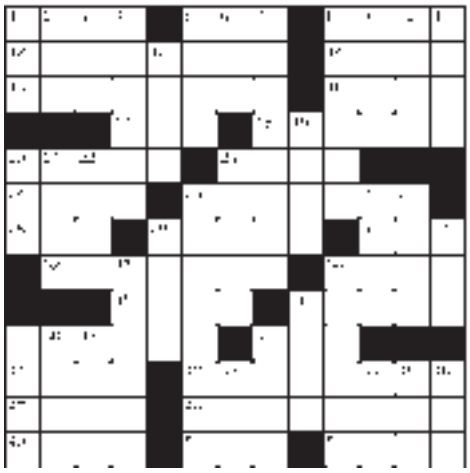


Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2		8		4		5	
	7	8	1		3	9	2	
9			5		1			8
		1	6		9	2		
3			4		7			5
	1	3	2		6	5	4	
	5		7		8		3	

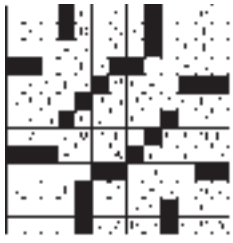
Crossword across

1 Urban fleet
5 Sleep phenom, for short
8 Afflictions
12 Huge snake
14 $50 "Monopoly" payment
15 Labyrinth critter
16 Notion
17 Fleur-de- —
18 Straighten things
20 Alumni
23 Conflagration
24 Charged particles
25 Least
28 Roscoe
29 Cartons
30 Vast expanse
32 Mosque tower
34 Mends cuffs
35 — and crafts
36 Praise
37 No alternative?
40 The stuff we breathe
41 Lambs' dams
42 Ores
47 Unescorted
48 Lift
49 Entreaty
50 Tier
51 Bigfoot's Asian cousin

Crossword down

1 Rotating part
2 Blackbird
3 Proscribe
4 Berates
5 Genetic acids, briefly
6 School's Web address suffix
7 Strict disciplinarian
8 In the same place (Lat.)
9 Gentlewoman
10 Stead
11 Rebuff a masher
13 Cole Porter's "Miss — Regrets"
19 Eye part
20 Showbiz job
21 Wander
22 Opposed to
23 Repairs
25 Charlie McCarthy's pal Snerd
26 Secondhand
27 Note to the staff
29 Say "bow-wow"
31 Donkey
33 Extreme disgust
34 "Yippee!"
36 Ukraine capital
37 Iodine-rich seaweed
38 MPs' quarry
39 Part of N.B.
40 From the beginning
43 U.N. work agcy.
44 Chowed down on
45 Parcel of land
46 — Lanka

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	8	2	5	3	6	9	1	7
6	7	1	4	8	9	5	2	3
3	9	5	1	2	7	6	8	4
5	4	8	3	6	1	7	9	2
2	3	6	7	9	8	4	5	1
7	1	9	2	4	5	3	6	8
1	2	7	6	5	4	8	3	9
8	5	3	9	7	2	1	4	6
9	6	4	8	1	3	2	7	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

COOK SMART FOR A HEALTHY HEART

Asian Pork and Cabbage Rolls

INGREDIENTS:

1 lb (500 g) extra-lean ground pork
1 cup (250 mL) canned water chestnuts, drained and finely chopped
2 tsp (10 mL) five-spice powder
1 tbsp (15 mL) finely grated fresh ginger
2 scallions, finely chopped
2 tbsp (25 mL) soy sauce
2 garlic cloves, crushed
1 egg, beaten
8 large green cabbage leaves
2 cups (500 mL) hot reduced-sodium chicken broth
2 tsp (10 mL) flour
1 tsp (5 mL) chili sauce, or to taste (optional)
Garnish: Curled strips of scallion

METHOD:

1. Place pork in a bowl and add water chestnuts, five-spice powder, ginger, scallions, soy sauce, garlic and egg. Mix thoroughly with your hands, then divide into 8 equal portions.
2. Cut tough stalks from cabbage leaves with sharp knife. Place some pork mixture in centre of each cabbage leaf, then wrap leaf to enclose the filling.
3. Pour broth into the bottom section of large steamer. Arrange cabbage rolls, join side down, in one layer in top section. Cover and steam for 15 minutes or until the cabbage is tender and rolls are firm when pressed. Remove top section from the steamer and keep cabbage rolls hot.
4. Mix flour with 2 tbsp (25 mL) water, then stir into broth. Bring to a boil and simmer, stirring constantly, until slightly thickened. Add chili sauce if desired.
5. Serve cabbage rolls with sauce spooned over and sprinkled with curls of scallion.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You can enjoy strange events in weird places. Don't worry about habits that are of no concern. A man's desperate plan can be easily pulled off.

TAURUS
APRIL 21-MAY 21
A relative brings you joy and laughter. Tell the truth or you'll be caught in a foolhardy lie. A chance for success is fulfilled by taking a risk.

GEMINI
MAY 22-JUNE 21
A debate will have you chuckling, if you heed advice. A co-worker tells an incredible story. Spend more time tending to your promises.

CANCER
JUNE 22-JULY 22
The support of your friends improves a situation. Somebody's phoning will get irritating. Think hard before having a harsh reaction.

LEO
JULY 23-AUG 23
Focus on making a plan for your destiny. You'll get honest praise when you earn it. A nice man calls with good news.

VIRGO
AUG 24-SEPT 22
A peculiar tale is a distraction in the face of chaos. Emotional support is only a phone call away. Take notes whenever someone complains.

LIBRA
SEPT 23-OCT 23
No intervention is needed in a doubtful situation. You reveal the truth in spite of your desire to hide. You'll be aware of your effect on other people.

SCORPIO
OCT 24-NOV 22
A major relationship obstacle will be obliterated. An earth-shaking announcement is important to a traveller. Look around to find private space.

SAGITTARIUS
NOV 23-DEC 21
Satisfaction comes from thrilling visitors. Inspire hope in a gloomy girl. Don't be ashamed of a guilty reaction.

CAPRICORN
DEC 22-JAN 20
Don't give your power away by being angry. Discreetly explain the ending of an association. Someone's disappointment results from your message.

AQUARIUS
JAN 21-FEB 18
Be serious when it comes to being honest. Strong words are said to someone who matters. Avoid over-medicating when you're weary and ill.

PISCES
FEB 19-MARCH 20
It's time to do the right thing. Start preparations to enhance a group's prestige. Show appreciation for an older man's help.

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